## **Active Living Action Plan (as of 1.31.11)**

Goal: Increase physical activity.

## Recommended Strategy #2: Enhance policies for physical activity, inclusive of physical education, in Nebraska schools.

Team Leader: TBD Committee Members: TBD

Target: X number of schools that enhance physical activity through various policy strategies.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Implement and promote Coordinated School Health (CSH)  Activity Leader(s): Nebraska Department of Education- CSH Program  Nebraska Department of	DHHS  o NAFH Program  Nebraska Department of Education  o CSH Program  o Nutrition Services  Nebraska State Board of Education	Effective model policies that are being implemented in local school districts specific to the promotion of physical activity and physical education.  Identify how schools are best utilizing their wellness policies and how it works together with the NDE CSH Policy.	Year 1 Initiation	# and/or % of schools implementing the CSH policy from the Nebraska Department of Education.  # of trainings and conferences that focus on promoting CSH (Evaluation Data from Trainings)	
Health and Human Services- NAFH Program	CSH Statewide Coalition Building Bright Futures Nebraska Children and Families Foundation	Best practices documents to implement CSH for: Physical Education, Healthy School Environments, Employee Wellness, and Health Education  Talking points documents that		# of local public health departments who are working with their local schools to implement CSH # of policy and/or	
	Nebraska Action for Healthy Kids  Alliance for a Healthier Generation  NMA Childhood Obesity Policy Group	promotes the key components of CSH to disseminate to schools, administrators, parents and coalitions  Training on 'how' to implement CSH and the components necessary to be successful (i.e. School Health Index)		environmental changes implemented with regard to CSH.  # of schools with active School Health Advisory Councils (CDC- School Health Profiles)	

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	Local Districts and			# of schools using their	
	Schools and their Boards of Education			School Wellness Policy to implement opportunities	
				for physical activity (CDC-	
	Local Active Living/Healthy			School Health Profiles)	
	Communities Coalitions			Increase in academic	
				performance (cognitive	
	Local Public Health			skills, academic	
	Departments and their Boards of Health			behaviors, academic achievement) with	
				schools who work	
	Education Service Units			towards achieving the	
	(ESU's)			recommended minutes	
	Local Universities and			Possible Data Sources:	
	Colleges			CDC- School Health Profiles (SLIMS) Data	
	Nebraska Association			Fioriles (Schiolo) Data	
	for Health, Physical			Alliance for a Healthier	
	Education, Recreation			Generation Best Practices Framework	
	and Dance (NAHPERD)			Fractices Framework	
				Nebraska Action for	
				Healthy Kids Action Award	
Priority Activity #2	Potential or	Resources Needed	Date of	Measurement	Progress
	Designated (preferred) Leaders, Partners &		Initiation	Milestones (baselines and targets)	
	Participants			,	
Advocate for state and/or	DHHS	Examples of model policies that	Year 1	# of schools who have a	
local district policy increasing	o PA Coordinator	are currently being implemented	Initiation	written policy requiring	
the required minutes of physical education in	Nebraska Department of	in Nebraska schools. As well as examples from other states.		daily PE in Nebraska schools (CDC- School	
Nebraska schools.	Education			Health Profiles)	
Notional Decommendations	Nobrooko Ototo Doord -f	Talking points documents that		# of a charle that have	
National Recommendations:  o 150 minutes per week of	Nebraska State Board of Education	relate PE and the academic success of students.		# of schools that have increased time spent in	
daily PE classes for				PE from baseline.	
elementary schools.	CSH Statewide Coalition	How to guide for schools and		# of colorate who vit?"	
o 225 minutes per week of		districts interested in		# of schools who utilize	

daily PE classes for middle and secondary schools.  Activity Leader(s):	American Heart Association  NAHPERD  Nebraska Action for Healthy Kids  Local Districts and Schools and their Boards of Education  Local Public Health	implementing daily and/or increased PE.  Evaluate PE curriculums to make sure that they meet the state and national standards for students.  Training and education opportunities for physical educators, administrators, and other school personnel.		PE curriculums that meets both state and national standards (CDC-School Health Profiles)  # of minutes of participation of Nebraska students in PE classes (CDC-YRBS)  # of minutes students spend in moderate to vigorous physical activity	
	Departments and their Boards of Health  Local Active Living Coalitions  NMA Childhood Obesity Policy Group  Parent Teacher Organizations  Local Universities and Colleges	Develop state and/or local policies that PE will not be displaced by school related activities or classes.		# and/or % of state and local policies introduced and implemented for increasing physical education in schools (Legislative Review, District Policy Handbooks, or School Board Minutes)  Increase in academic performance (cognitive skills, academic behaviors, and academic achievement) with schools who work towards achieving the recommended minutes.	
Priority Activity #3	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Advocate for state and/or local district policy increasing the required minutes of	DHHS o PA Coordinator	Example of model policies from school districts who have required daily recess in policy or	Year 2 Initiation	# of schools and districts who have written policies requiring daily recess	

		Lara a range		(5) (1) (5) (1)	
recess for elementary school	Nebraska Department of	within their school's wellness		(District Policy	
students in Nebraska	Education	policy. As well as examples		Handbooks, School	
schools.		from other states		Board Minutes, or	
	Nebraska State Board of			School Wellness	
National Recommendations:	Education	Successful strategy examples		Policies)	
o 20 minutes per day		to promote recess during			
. ,	CSH Statewide Coalition	inclement weather		# of minutes spent per	
				day by students in	
Activity Leader(s):	American Heart	Examples of both structured		unstructured physical	
rictivity Education.	Association	and unstructured recess		activity during the school	
	733001411011	opportunities		day (i.e. recess) (CDC-	
	NIMA Childhaad Obasity	Opportunities		YRBS and/or School	
	NMA Childhood Obesity	Turining and adversion on the			
	Policy Group	Training and education on the utilization of the School		Health Profiles)	
	Nebraska Action for	Wellness Policies		# and/or % of state and	
	Healthy Kids			local policies introduced	
				and implemented for	
	Local Schools and			recess in schools	
	Districts and their Board			(Legislative Review,	
	of Education			District Policy	
	of EddCation			Handbooks, or School	
	Legal Universities and				
	Local Universities and			Board Minutes)	
	Colleges			0(-1	
				State requires or	
	Local Active			recommends regular	
	Living/Healthy			elementary school recess	
	Communities Coalitions			(Nebraska State	
				Indicator Report on	
				Physical Activity)	
				Increase in academic	
				performance (cognitive	
				skills, academic	
				behaviors, and academic	
				achievement) with	
				schools who work	
				towards achieving the	
				recommended minutes	
Priority Activity #4	Potential or	Resources Needed	Date of	Measurement	Progress
Thomas Addivity #7	Designated (preferred)	1100001003 1100000	Initiation	Milestones (baselines	1 1091033
	Leaders, Partners &		milialion	and targets)	
	Participants			and largers)	
Advocate for state and/or	DHHS	Example of model policies from	Year 1	# of schools that mandate	
Advocate for state and/or	פוווט	Example of model policies from	i ear i	# 01 SCHOOLS THAT HIGHWATE	

local district policy requiring	<ul> <li>PA Coordinator</li> </ul>	school and school districts. As	Initiation	physical education as a	
physical education classes		well as examples from other		requirement for	
for high school graduation.	Nebraska Department of	states.		graduation from high	
	Education			school (District Policy	
Activity Leader(s):				Handbooks and/or	
	Nebraska State Board of			School Board Minutes)	
	Education				
				Of the schools that	
	American Heart			mandate a physical	
	Association			education graduation	
	7.03001411011			requirement, # of credit	
	NMA Childhood Obesity			hours required for	
	Policy Group			graduation (District	
	Folicy Group				
	CCLI Statemide Coelities			Policy Handbooks	
	CSH Statewide Coalition			and/or School Board	
				Minutes)	
	Nebraska Action for				
	Healthy Kids			# and/or % of state and	
				local policies introduced	
	Local Districts and			and implemented	
	Schools and their			requiring PE for high	
	Boards of Education			school graduation.	
				(Legislative Review,	
	Local Active			District Policy	
	Living/Healthy			Handbooks, or School	
	Communities Coalitions			Board Minutes)	
				,	